KinderRHAMa Preschool Program

Parent Handbook

2026-2027

We welcome your family to AHM KinderRHAMa Preschool!
If you have any questions, or would like information about other resources provided by AHM Youth Services, please contact Becky Murray at (860)228-0871 or beckym@ahmyouth.org.

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Program Mission and Description

Background: The KinderRHAMa Preschool Program is part of AHM Family Resource Center (FRC), which provides services to families who live or work in the towns of Andover, Hebron, Marlborough and Columbia. KinderRHAMa is part of the large network of services offered by AHM Youth and Family Services to families in the community. The mission of KinderRHAMa is to provide a nurturing, safe, stimulating, and developmentally appropriate environment for children ages 3-5 years. Children need to be fully toilet trained in order to participate in the program.

KinderRHAMa has been in existence for 21 years! The program is a collaborative effort between RHAM High School and AHM Youth and Family Services. The program's location at RHAM High School offers many enrichment opportunities for preschoolers, as well as an educational and vocational experience for RHAM students interested in working with children. The program works closely with the Child Development class at RHAM, providing experiential learning for teens who are enrolled in that program.

Program Focus: KinderRHAMa places a large emphasis on children's social emotional development and social interactions, and sees these as integral aspects to children's development in all areas. Teachers plan a curriculum based on the State of CT Early Learning Development Standards (CT ELDS), which detail the skills children need in various developmental domains from the ages of birth through five years.

Skills in many domains are gained through planned activities as well as naturally occurring experiences within the preschool classroom. Planned activities include Circle Time with stories, singing, and sharing; Centers with manipulatives (such as Lincoln Logs, building blocks, and Magna Tiles); Science and Math activities; Literacy activities; time outside; Snack, lunch (for 4 year olds and children staying all day); and clean up. Skills are learned through play, through children's interactions with other children and the staff, and through our classroom routines. Children have the ability to choose materials and explore, and it is through their play, choice of materials, and exploration that they are able to work on and practice important skills. Through this series of planned activities and classroom routines, children play and learn in a caring and nurturing environment, with assistance from teachers.

Staffing: Two trained teachers organize and implement the program. They have extensive experience with preschool aged children, and a strong knowledge of child development, curriculum planning, and classroom management.

Families: Family involvement is an important component of the program. Family members are welcome to visit the classroom (with prior notice) and for family events that are held regularly throughout the year. As part of the AHM Family Resource Center, many families have attended or will attend other programs including Play and Learn groups, special events for families, and other services provided by AHM. This continued relationship with families through their child's growing up years is a source of pride and strength for KinderRHAMa preschool and AHM Youth and Family Services.

Basic Program Information

Program Days/Hours:
Parents can choose from the following options:

3 year olds: Tuesday & Thursday from 8:30-12:00
3 year olds Extended Day: Tuesday & Thursday from 7:00-3:00
4 year olds: Monday, Wednesday, & Friday from 8:30-1:00
4 year olds Extended Day: Monday, Wednesday & Friday from 7:00-3:00
Combined 3 & 4 Year olds: Monday through Friday from 7:00-3:00

Pick up/Drop off windows. Please note if your child is signed up for the 7-3 class, they can be dropped off any time from 7:00-8:15. The pick up window is 12:30-1:00 or 2:30-3:00 due to napping. (If you need to drop off late, or pick up early due to an appointment, you can pick up anytime before 3:00 pm.)

Program Dates:

The M/W/F and 5 day/week program will start on **Monday, August 31, 2026.**
The T/Th program will start on **Tuesday, September 1, 2026.**

KinderRHAMa Contact Information:
Here is contact information for our staff. Teachers' ability to talk during classroom time may be limited, but they can return phone calls after class.

KinderRHAMa Classroom Classroom Cell Phone	Cari Duigou, Heather Holbrook, Colleen Whipple (in the afternoon) (860)228-5310 (860) 428-5591	cari.duigou@rhamschools.org heather.holbrook@rhamschools.org colleenm@ahmyouth.org
Program, forms, administrative questions, concerns,other FRC programs	Becky Murray (860) 228-0871	beckym@ahmyouth.org
Financial/Payment Questions	Jennifer Green (860) 228-9488 X21	jenniferg@ahmyouth.org
Financial Aid	Tressa Giordano (860) 228-9488 X13	tressag@ahmyouth.org

Parent Meeting
There will be a mandatory parent meeting held on **8/25/26 from 7:00-8:00 PM** through Zoom. Here is the link: Parent Meeting 8/25/26 During this meeting, KinderRHAMa teachers will discuss curriculum, program policies, schedules, and answer any questions about the program. If you cannot attend this meeting, please let Becky Murray know and she will set up a time to meet with you to go through this information.

Orientation:
There will be a meet and greet for children and families on **Wednesday, 8/26/26 and Thursday, 8/27/26 from 4:00-5:00 PM**. If your child is attending 5 days/week you can choose which day is better for your schedule. At this time, children and families will get a chance to meet each other, meet the teachers, find their cubbies, get a sense of the room, and the activities they will be doing in school!

Fees and Payment Procedures

Registration/Enrollment Fee for all classes: $45(non-refundable)
Deposit of $150. This deposit will be applied toward the first payment and is non-refundable after **7/1/26.**

Program Fees:

Class	Days	Times	Price
3 Year old class	Tuesdays/Thursdays	8:30-12:00	$2490/Year
3 Year old class extended day	Tuesdays/Thursdays	7:00-3:00	$3600/Year
4 Year old class	M/W/F	8:30-1:00	$4465/Year
4 Year old class extended day	M/W/F	7:00-3:00	$5400/Year
Combined 3's and 4's	Mon-Fri	7:00-3:00	$7400/Year

Payment Schedule Options
Please select your payment option below and complete the required Automatic Clearing House (ACH) form authorizing use of your selected credit/debit card or checking/savings account. This form is in your form packet. **ACH is required for all payments.**
Tuition Payment Options:

___A. Tuition paid in full, **due on August 1, 2026.**
___B. Tuition paid in **2 payments, due on August 1, 2026 and January 1, 2027.**
___C. Tuition paid in **3 payments, due on August, 1, 2026, November 1, 2026,and March 1, 2027.**
___D. Tuition paid in **10 payments**, **due on August 1, 2026, September 1, 2026, October 1, 2026, November 1, 2026, December 1, 2026, January 1, 2027, February 1, 2027, March 1, 2027, April 1, 2026, and May 1, 2027.**

For families enrolling after June 30th or after the start of the program:
Monthly tuition payments will be calculated based upon the date of enrollment, with the final payment scheduled to be received by May 1, 2027.

Refunds - Withdrawals: **
Registration fee is non-refundable. The deposit of $150 is non-refundable after 7/1/26. If you choose to withdraw your child, a mandatory 30-day withdrawal notice in writing is required. With a 30-day written withdrawal notice, any unused tuition will be credited to your account.

Late Payment Procedure:
If payment is not received by the **10th** day of the month, a late fee of **$15.00** will be imposed for each month the payment is not received or is late. No exceptions will be made. **If payment is not made by the 10th of the month, your child's space in the program will be jeopardized.**

Late Pick Up Charge:
Please pick up your child on time. If you pick up late, a fee of **$20.00 will be assessed.**

Returned Checks:
A **$25.00** service charge will be imposed on any returned check.

Financial Aid:
We have a limited amount of scholarship funds that can reduce monthly tuition fees for families who qualify. If you would like to apply for a scholarship, please fill out the form available here: Program Scholarship Application - Andover, Hebron, Marlborough Youth & Family Services and submit the form online.
If you have any questions regarding financial aid, please contact Tressa Giordano at 860-228-9488 X13.

Tax Information:
You may be able to deduct tuition for childcare expenses. Please consult with your accountant. **Our Federal Tax ID Number (TIN) is 22-2595584** and our legal name is Andover, Hebron, and Marlborough Youth & Family Services, Inc. We will put our tax ID number on all forms.

Forms:
We will be giving you a packet of forms to fill out before your child starts school. These must be received prior to starting in the classroom. **Please note, until we have received a medical form, your child will not be able to participate in the program.**

Dropping off/Picking up

Please enter through Wall St. (Rt. 316) and drive through the Staff parking lot to reach the classroom. Please park in the semi-circle outside our classroom and walk your child to the door. It is acceptable to double park at this time. Teachers will meet you at the door to the classroom unless your child is attending for the extended day. You can knock, or use the doorbell. We begin preschool promptly at 8:30am. If you arrive early, please feel free to let children play on the playground until the teachers open the door. We assume that both parents have permission to pick up the child. If this is not the case, please let us know in writing so that we can ensure that we are following your wishes. Pick up will be outside in the play yard, or at the classroom door if the weather is inclement.
Please do not use your cell phone during drop and pick up. This is a time for us to speak to you about your child and relay information.

Pick up Permissions

- If someone other than you (the child's parents) will be picking up your child, please let the teachers know.
- We will ask people picking up your child for a picture I.D., so please make sure they have it with them.
- You can change this during the year, just please make sure you write a note, or add the pick up person to the list in our registration book.

Weather Related Delayed Openings/School Cancellation:

Weather related early closings are announced on the news. RHAM High School is in Region 8. In the event that RHAM is canceled or delayed due to weather, announcements will be made on local TV stations.

- If RHAM is canceled, preschool will be canceled for the day.
- If RHAM is delayed, we will open at 9:30. If your child is signed up for Before care, you may drop off at 9:15 am.
- If RHAM is closing early, preschool will end at **noon** for all classes. There will be no After Care available.
- You may also get a text and/or phone call from the **RHAM alert system** if school is closed or delayed.

Calendar

Please note that our Preschool program **mostly** follows the RHAM calendar. **We do not make up snow days.** RHAM has some in-service days where we have school, and we have some in-service days where RHAM students are in class. **Please be sure to refer to the KinderRHAMa calendar (on the last two pages of this document).**

Communication with Families

If your child will be absent:

If your child will be out due to illness, vacation, or any other reason, please call the classroom at (860) 228-5310, text (860) 428-4491, or email Heather Holbrook at heather.holbrook@rhamschools.org or Cari Duigou at cari.duigou@rhamschools.org. We like to know for planning purposes who will be at school each day.

Drop Off and Pick Up:

This is a time of communication between teachers and parents. Teachers can tell you briefly how the day went and if you have important information to convey, this is a time to do that. Please refrain from being on your cell phone at these times.

Daily Communication:

If there is something you would like the teachers to know (your child did not sleep well, you have family visiting, etc..) please tell the teachers verbally or through email. Please also hand us forms back, or let us know if you are putting these in your child's backpack. We do not routinely go through each child's backpack unless there is something specific you tell us about.

Newsletters:

We send home a newsletter once a month. This will cover curriculum and will include an article on some aspect of child development or parenting, books we are reading, songs, and

art projects. The newsletter will also have upcoming dates in our classroom, and events in the Family Resource Center or AHM Youth Services,

Curriculum:
Information on the curriculum and what we will be doing in the classroom will be emailed weekly. We use the CT Office of Early Childhood's Early Learning Development Guidelines (ELDS) in planning activities. Here is the link to the ELDS: https://www.ctoec.org/supporting-child-deCT ELDSvCT ELDS and here is information for families: https://www.ctoec.org/ct-elds-strategies-for-learning-at-home/.

Child Assessment:
Children are observed throughout the year, both informally and formally. We use the Ages and Stages Questionnaire (ASQ) which is a screening tool, and the CT Documentation & Observation for Teaching System (CT DOTS) to assess your child's skills in the areas of Cognition, Social and Emotional Development, Physical Development, Language and Literacy, Creative Arts, and Math. We will let you know how children are doing in different areas of development on a continual basis through verbal reports. Children will be screened using the Ages and Stages Questionnaire in the fall, and you will receive a copy of this questionnaire. We hold Parent Conferences in Fall to review progress and set goals for growth. A second opportunity for conferences will be offered in the Spring for those who would like to meet again. You will be given a written progress report on your child and will have the opportunity to comment and give feedback.
Information about your child's progress is confidential. Written reports about his or her progress will be discussed only among KinderRHAMa staff. If you have a concern at any time during the year about your child, you are always welcome to talk to the teachers. If there is an issue which you would like to discuss in-depth, you can call or email to schedule a conference.

Parent Google Drive: We will send you a link to a google drive for parents for 2026-2027 that will have upcoming information, events, curriculum, and newsletters.

Parent Input
We very much value your feedback on the curriculum and the program as a whole. Parents are invited to brunches several times a year. In addition, we invite parents into the classroom to participate in planned activities, or to lead an activity with children.

Facilitating An Activity in the Classroom
If there is a story, craft project, hobby, information about your profession, a holiday, or another type of program you would like to present to the class, please talk to the teachers to schedule a day and time. We have had many enrichment activities in the past, and these have included such things as: teaching the children a dance, cooking, doing a craft, reading a story, doing a musical program, and sharing about a holiday or custom your family observes at home. **Please note:** We recognize the number of working parents in our midst and this is **not** a requirement of KinderRHAMa, it is entirely optional!

If you are interested in taking on a leadership role in the Family Resource Center, or AHM Youth and Family Services, please talk to Becky Murray. There are opportunities for parents to volunteer in many capacities.

Parent Concerns
If you have a concern about your child or something that occurred during the school day, please talk to Cari Duigou, Heather Holbrook, or Colleen Whipple (if there is an issue in the afternoon). You can discuss in person, email the teachers, or set up a time to discuss the issue. If your concern is not resolved, please contact Becky Murray.

Family Gatherings
We will have parent/child get togethers several times during the year. These give parents a chance to talk with other families and the teachers, and to see what the children have been working on. Dates for these will be listed in the newsletter. If you are not able to attend, feel free to send a relative or friend with your child. Children will attend school as usual on these days.

Class List Names and Numbers
We would like to distribute, with your permission, a class list with children's names, parent names, addresses, e-mails, and phone numbers. Parents have found this helpful in learning names of the children in the class, and for getting together outside of school. In your packet there is a form for you to check off as to whether or not you would like to be listed.

Visiting the Classroom
Parents can visit the classroom at any time. Other visitors may include parents who are interested in the program, or special guest presenters. These are arranged with the teachers.

Program Evaluation:
We conduct a yearly program evaluation and ask parents about their families' experience in the program. This is an opportunity to give us feedback about the program! Parents will be given a final report of the findings of the report.

RHAM Students in the Classroom
We will have RHAM students assist in the KinderRHAMa classroom periodically. These include students from the Child Development Program, those students who are doing an independent study, as well as students from various parts of RHAM. Before volunteering, classroom teachers will talk with RHAM students to give them an orientation including information about the program, how they can be of help in the classroom, and some guidelines for volunteering.

Health and Safety

Toilet Training: All children are required to be fully toilet trained before entering the KinderRHAMa program. Being fully toilet trained includes knowing the feeling of needing to use the bathroom, pulling down clothes and sitting on the toilet independently, wiping themselves independently, flushing the toilet, and knowing to wash their hands. We have step stools in the bathroom for children to use to make this easier.

While we understand that children may have occasional accidents, it is not possible for our staff to consistently accompany children to the bathroom while maintaining adequate staff ratios in the classroom. If your child has not mastered the steps above, it means he or she is

not fully toilet trained for the purposes of our program, and we ask that you delay their entry into the program until he/she can do the above steps consistently. Even if your child is toilet trained at home, if they cannot use the toilet successfully at KinderRHAMa without adult help, they are not considered trained for the purposes of our program.

If a child has a wetting accident while at school, we will coach them on how to clean themselves and coach them to change their clothes. If your child has a bowel movement accident, we will again coach them to clean themselves and change their clothes. If your child has a bowel movement accident you will be called. If their body and clothing is extremely soiled, we may ask that you or a person on your pick up list to come and clean your child and change their clothes. If your child is having daily accidents at school, it may be a sign that they need to work on toilet training at home further before returning to KinderRHAMa. Please make sure your child has several sets of extra underwear and clothing in case of an accident.

Hand Washing:
Hand washing continues to be the most effective way to prevent the spread of illness. Children wash hands upon entrance for the day into KinderRHAMa, after using the toilet, before eating, and after messy activities. Staff will assist children with hand washing as needed.

Health Forms:
Each child enrolled in KinderRHAMa is required to have a yearly Health Form signed by a doctor on file. We have a nurse consultant for our program, Sara Gesner, who reviews the health forms to ensure that they are complete. She may contact you for this information, or to clarify any health conditions listed on your child's form.

Immunizations:
KinderRHAMa requires that parents show proof of their child's immunization unless they are medically exempt, and bring documentation showing this (explained further below). In the case of a child who is not immunized in accordance with the state regulations, KinderRHAMa will notify parents of any communicable outbreak immediately. Parents may remove their child from the class at their discretion. KinderRHAMa will not be held liable for any illnesses and unimmunized child contracts. This is the link for current State Immunization requirements: IMMUNIZATION REQUIREMENTS FOR ENROLLED STUDENTS IN CONNECTICUT SCHOOLS ‡.Children need to have a record of a flu vaccine immunization by 12/31/26 as required by the state of CT.

Medication Procedures:
Connecticut State Law and Regulations require a physician's or dentist's written order and parent or guardian's authorization for a director or teacher to administer medications. If your child needs to receive any medication during school hours, we must have a form on file. This is the "Authorization for the Administration of Medications by Day Care Personnel" form in your packet. Medications must be labeled with the original pharmacy label and should have the name of the child, name of the drug, strength, dosage, frequency the physician's or dentist's name, and the date of original prescription. Over-the-counter medication must be in the original container with the pharmacy label and labeled with the child's name. If your child uses an Asthma Inhaler and spacer or Epi-Pen, please bring one to be kept in a box in school in the event that it is necessary for us to administer. We will

return it to you at the end of the school year.

Illnesses

**Please notify us if your child is ill. In turn, we will let you know if there are contagious diseases that have circulated in our classroom. Following an illness, a child must have improving symptoms in order to attend. They should have no fever (without fever-reducing medication), vomiting, diarrhea, etc. for 24 hours before returning to school. If your child is put on antibiotics for a contagious illness such as strep or pink eye, they must be on antibiotics for a full 24 hours before returning. Children should be back to eating and drinking and acting normally before returning to school.

If your child develops a fever over 100.4, or is ill enough to require care that we cannot provide, he/she will be made comfortable and you will be contacted to come pick him/her up. If you are not available, we will call the alternate individuals on your contact list for pick up. **Please make sure you have individuals on your emergency contact list who live locally, in the event that your child needs to be picked up from school.**

COVID protocol: As of this writing, our COVID protocol will follow recommendations made by the CDC and RHAM's policy. Those who have COVID-19 should stay home until they have been fever-free without medication for at least 24 hours or their symptoms have been improving for 24 hours. It is not required that they wear masks upon their return. If the school policy changes, we will let you know.

Accidents, Emergencies

KinderRHAMa Staff maintains current certification in CPR and First Aid. If there is an emergency involving your child, you will be contacted. If you or your spouse is unavailable, staff will go down the list of your emergency contact people to inform them of the situation. Staff will render appropriate treatment for your child. If necessary, emergency services will be activated. If 911 is called, the school nurse and administration will also be notified.

Allergies

Please let us know if your child has food or any other type of allergies (ex. latex). Please also see the "Food" Section of this handbook. **RHAM is currently nut-free, and no nuts of any kind are permitted in the building. In KinderRHAMa we are also Nut Free.** For more details about RHAM's policy please p. 87-88 of the Parent Handbook.

Licensing

Our program is exempt from the licensing requirements of the Office of Early Childhood due to being in a public school and overseen by a municipality.

Security

Classroom Entry

Both the door to the outside from the classroom, and the door from the RHAM hallway to the KinderRHAMa classroom are kept locked. Please knock on the door or ring the doorbell for entrance.

Pick Up

Anyone picking children up from KinderRHAMa needs to be listed on the pickup list that you submit with your forms. The first time we meet anyone picking up your child, they will be asked to show a photo I.D. We assume both parents have permission to pick up children unless you tell us otherwise in writing. You can change this list at any time. If you are having a new person pick up, please make sure to add them to the list. If a situation arises where you have not yet given us written permission for a new pick up person, verbal consent from a parent will suffice until the form is filled out.

Fire Drills and Lock-Down Drills

KinderRHAMa, as part of RHAM High School, participates in fire drills and lock down drills. Our priority during these is to follow the Protocol in place by RHAM, and keep the children calm and safe. We have not found children to be distressed by drills.

RHAM Automated Notification System

Parents in KinderRHAMa will be part of this system and will receive notification via home or work emails and calls to their home, work and/or cell phones when school to home contact is necessary for emergencies or other important communications. (Examples may be school closings in the case of bad weather, security alerts, etc.) There is no sign up for this alert system. We will use the email and phone information that you list on your RHAM Alert form in the form packet for this purpose. Please note: If you change your phone or email during the course of the year, please give us your new contact information so that we can provide up-to-date alert information in the system.

Daily Schedule Our schedule may vary, but this is our basic routine:
7:00-7:30 (For before care drop offs) Table games, books
7:30-8:00 Breakfast
8:00-8:30 Table Games, books, puzzles
8:30-9:30 Welcoming Activities -These vary by day and may include puzzles, manipulatives, kitchen area, and blocks.
9:30-10:00 Circle Time with a story from our weekly theme
10:00-10:30 Wash Hands, Snack. Children who finish snack can look at books or do puzzles
10:30-11:30 Centers. These change daily and may include art, using the sensory table, dress up/kitchen, and manipulatives (such as Legos or Lincoln Logs)
T/Th 11:30-12:00 Pack up, outside time. Pick up for AM children
M/W/F 11:30-12:00 Singing Circle/Weather and Calendar, Wash hands
M/W/F and all day T/Th12:00-12:30 Lunch
M/W/F 12:30-1:00 Pack up, outside time
M/W/F 1:00 Pick up for children not staying for PM
1:15-2:30 Rest time
2:30-3:00 Wake up, pack up, quiet games or outside time weather permitting, pick up

Food Policies/Clothing/Birthdays

Food: Please let us know if your child has any allergies or other conditions that food intake may affect. We can keep food on hand for your child to have in our cabinets labeled

with his/her name during times that the class is having a special treat (for -example, a treat for a birthday; Please see above).
Please know that RHAM is nut-free and no nuts of any kind are permitted in the building.

Snack:
Children in both classes will have a snack during the morning. Please send an individual snack and drink for your child on each day they attend school.

Breakfast: Children enrolled in before care eat breakfast at 7:30 AM at school, so please pack breakfast for your child.

Lunch: If your child is in the M/W/F program or staying for the extended school day, please pack a lunch. Children in the T/Th program will not eat lunch in school unless they are enrolled in our extended program.

Birthdays
Some parents choose to send in a special snack on or around their child's birthday (often cupcakes!) Just let the staff know if you would like to do this. Homemade or store bought snacks are fine as long as there are no nuts. Note about invitations to parties outside of school: Please **do not** put invitations in children's cubbies to invite them to parties, **unless** you are inviting the entire class, as this may result in hurt feelings.

Clothing/Extra Clothes
Please dress your children in casual clothing. We will be doing a variety of projects, some of which may be messy! While most art materials will wash out of clothing, we do not want the children to worry about getting their best clothing dirty. Also, although your child is potty trained, it would be helpful if you could send in a change of clothes, including extra underwear and socks, labeled with your child's name to keep at school in the event of an accident. Please make sure your child is wearing proper shoes for the playground

Rest Time
There will be a rest time for children who are enrolled in our extended day option. We provide cots. Please send in a small blanket, sheet, and small stuffed animal, which we can keep in your child's cubby. Crib sheets work well for the cots, or you can also send in a twin sheet. If your child does not want to sleep, he/she can look at a book quietly. Sheets and blankets will be sent home with your child on the last day of the week they attend (Thursday or Friday) so that they can be laundered.

Release of Information Form
During the school year, we will be working closely with your child, and will be observing their progress in many areas of development. This is information that may be helpful, with your permission, to share with other professionals. In your packet of forms, please find a "Release of Information" form for your child's records. This information is, of course, confidential.

Emergency Back-Up Coverage
We understand that sometimes there are circumstances where a parent may be late, but we would like to minimize these as much as possible. As circumstances may arise where you are unable to pick up your child on time, due to traffic, weather, or other eventuality, we

encourage you to have a back-up person available who lives **locally.** This person/people **should be listed on the preschool permission pick up form.** If you will be late, please contact them and then call us.

Behavior/Discipline:

KinderRHAMa staff have training in various positive discipline theories. One of these is Conscious Discipline, a program developed by Dr. Becky Bailey that empowers and encourages adults to teach and model social emotional skills including respect, composure and good communication to children. Our staff is committed to creating an accepting classroom climate where children feel like they belong, are valued, and can contribute in a meaningful way. This helps children make connections with others and sets the stage for cooperative, prosocial behavior. We focus on increasing children's assertive communication with each other as well as increasing their problem solving skills. Positively reinforcing good behavior regularly helps children want to cooperate! We also set clear and consistent limits, and provide consequences when those limits are exceeded. For more information about this program, please visit www.conscious discipline.com.

Our monthly newsletters frequently have articles which help with different aspects of Child Development and Parenting that may be of help to you. In addition, please ask us if there is a particular area in which you would like some resources.

If a child is having a conflict, staff will use one or more of the following methods:

Restate the problem, empathize with the child, and help them use words to express anger, frustration, and sadness
Help the child to calm themselves
Help a child to find a solution and/or redirect the child to another activity
Use mediation between children when there is a conflict
Give clear choices about acceptable solutions
Remove the child from the situation of conflict

We have had social workers from Early Childhood Consultation Partnership(ECCP) come into our classroom and work with both our whole classroom and individual children (with parents' permission) on social emotional skills, emotional regulation, and self-expression. ECCP Social workers can also work with parents so that there is consistency in expectations and consequences. ECCP has been a wonderful resource to our program and has provided much support.

If a particular child exhibits negative behaviors in the program on a regular basis, or if the child is a threat to himself or others, KinderRHAMa staff will meet with the child's family to determine what approach is necessary to best help the child to behave in a more positive and constructive manner. Staff may make suggestions regarding strategies and may refer to other services, such as ECCP or counseling. Specific action will be taken if deemed necessary by program staff, including suspension or withdrawal from the program.

Scholastic Book Orders:

We place orders from scholastic books on occasion. All checks (no matter from which

catalog you order) can be made out to “Scholastic”. You can also order and pay online by going to www.scholastic.com/parentordering. The first time you order online, you need to set up a login and password. Our classroom code is **J6L6W**. We get credits for books for the classroom when parents order,

Teacher Biographies

Cari Duigou (known as “Mrs. D” to the children), is a member of the KinderRHAMa team of teachers. Cari has a Bachelor’s Degree from University of Connecticut, with a concentration in Human Development and Family Studies. Cari has taught preschool children since 1998 and has been with AHM at KinderRHAMa since 2005.

Heather Holbrook (known as “Mrs. H.”), is a KinderRHAMa teacher since 2006. Heather has an Associate’s Degree in Education with a focus on Early Childhood Education. She is also the KinderRHAMa Summer Camp Director. Heather has worked in childcare since 1993.

Colleen Whipple (“Ms. Colleen”) has been the assistant teacher for KinderRHAMa for the last 5 years. Colleen was a nanny for many years, working with children of various ages. She is currently a Junior leader for the Girl Scouts. Colleen is currently finishing her Early Childhood degree at Post University College.

Becky Murray is the AHM Family Resource Center Director. Becky has a Master’s degree in Clinical Psychology. She has been with AHM Youth Services for the past 24 years, coordinating and facilitating various programs for parents and children.

KinderRHAMa Staff (from L-R)
Heather Holbrook, Becky Murray, Cari Duigou, Colleen Whipple

KinderRHAMa MWF 2026-2027

NS=No School

Monday	Wednesday	Friday
8/31-First Day!	9/2	9/4
9/7-NS Labor Day	9/9	9/11
9/14	9/16	9/18
9/21	9/23	9/25
9/28	9/30	10/2
10/5	10/7	10/9-NS Staff Development
10/12-NS Columbus Day	10/14	10/16
10/19	10/21	10/23
10/26	10/28	10/30
11/2	11/4 Conferences (School in session)	11/6
11/9	11/11-NS Veteran's Day	11/13
11/16	11/18	11/20
11/23	11/25-Dismissal at 1	11/27-NS Thanksgiving Recess
11/30	12/2	12/4
12/7	12/9	12/11
12/14	12/16	12/18
12/21	12/23-Dismissal at 1	12/25-No school
12/24-1/1 No School Winter Break		
1/4-School resumes	1/6	1/8
1/11	1/13	1/15
1/18-NS MLK Day	1/20	1/22
1/25	1/27	1/29
2/1	2/3	2/5
2/8	2/10	2/12-NS Staff Development
2/15-NS Pres. Day	2/17	2/19
2/22	2/24	2/26
3/1	3/3	3/5
3/8	3/10	3/12
3/15	3/17	3/19
3/22	3/24	3/26-NS Good Friday
3/29	3/31	4/2
4/5	4/7	4/9
4/12-4/16-NS Spring Break		
4/19	4/21	4/23 Conferences (School in session)
4/26	4/28	4/30
5/3	5/5	5/7
5/10	5/12	5/14
5/17	5/19	5/21
5/24	5/26	5/28
5/31-NS Memorial Day	6/2	6/4-Last Day of School! No Aftercare

KinderRHAMa T/Th 2026-2027	
Tuesday	**Thursday**
9/1-First Day!	9/3
9/8	9/10
9/15	9/17
9/22	9/24
9/29	10/1
10/6	10/8
10/13	10/15
10/20	10/22
10/27	10/29
11/3 Conferences (school in session)	11/5
11/10	11/12
11/17	11/19
11/24	11/26-NS Thanksgiving
12/1	12/3
12/8	12/10
12/15	12/17
12/22	12/24-NS
12/24-1/1 NS Winter Break	
1/5 School Resumes!	1/7
1/12	1/14
1/19	1/21
1/26	1/28
2/2	2/4
2/9	2/11
2/16-NS President's Day Recess	2/18
2/23	2/25
3/2	3/4
3/9	3/11
3/16	3/18
3/23	3/25
3/30	4/1
4/6	4/8
NS 4/12-4/16 Spring Break	
4/20	4/22 Conferences (School in session)
4/27	4/29
5/4-NS Staff Development	5/6
5/11	5/13
5/18	5/20
5/25	5/27
6/1	6/3-Last Day! No Aftercare